

Push-Pull-Habit-Anxiety Worksheet

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NAME

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DATE

(Adapted from Jobs To Be Done. Read more at jobstobedone.org.)

Push **What is pushing you AWAY from your old ways of doing things?**
What feels uncomfortable, annoying, and / or unworkable about your previous routine?

Pull **What is pulling you TOWARDS new ways of doing things?**
What's appealing about this potential change? What seems valuable, fun, useful, helpful, etc. about your goals?

Habit **To try something new, what old habits and routines would you have to change?**
Thinking about how you normally do things, what would have to be different if you tried this new path?

Anxiety **When you think about changing or doing something new, what do you worry about?**
What are your concerns and / or questions about changing?